

CHAPTER 15 : ACUPRESSURE POINTS **FOR COMMON PROBLEMS**

In this Chapter a few common problems are discussed and the solutions are given with one or two acupressure points.

1. ACIDITY (HYPER)

SYMPTOMS

- Heat in the stomach region
- Gas in the stomach
- Burning sensation in the stomach
- Belching

TREATMENT WITH ACUPRESSURE

LI 4-Located on the web of the thumb and index finger.



LI 4 can be used also for constipation, abdominal pain, vomiting and catch at the back also. It is general pain relieving point.

Hyper acidity is mainly because of wrong food intake and not chewing the food in the mouth for sufficient time. The second reason is mental worry. Final reason is excess masala in the food. One can easily avoid the antacids by correcting the root cause of the problem.

2. COLD (Chronic Obstructive Lung Disease) AND SINUSITIS

SYMPTOMS

1. Head and chest congestion
2. Running nose and difficulty in breathing
3. Sore throat
4. Sneezing
5. Dry cough at night
6. Burning and watery eyes
7. Headache
8. Constant fatigue

TREATMENT WITH ACUPRESSURE

Lu-7 Located on the wrist two fingers from the base of the thumb.

Lu 7 is also useful for Allergies, Breathing problem, Wrist and Elbow pain.



The cold problem is mainly due to improper elimination. Especially if children have difficulty to evacuate in the morning, over a period of few days cold will appear with above symptoms. One should try to solve the root cause of the problem by solving the constipation. The reaction from our higher intelligence is to create condition to remove all the toxins from the blood. Suppressing the symptoms with medicine will create other reactions in the long run. Avoid antibiotics for children below 10 years. Give more warm water in the morning and easily digestible food for the children.

When you activate Lu 7, the cold will increase and toxins will be removed faster. It is a good sign and parents need not worry about it.

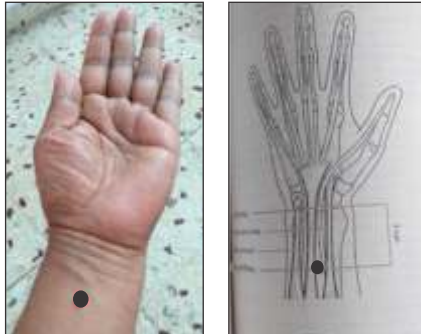
3. DEPRESSION

SYMPTOMS

1. Persistent sadness and pessimistic
2. Feeling of guilt, worthlessness, helplessness, or hopelessness
3. Loss of interest or pleasure in usual activities
4. Difficulty in concentrating
5. Insomnia or oversleeping
6. Weight gain or loss
7. Fatigue and lack of energy
8. Anxiety, agitation, irritability
9. Slow speech, slow movements
10. Thoughts of suicide or death

TREATMENT WITH ACUPRESSURE

P 6-Located on the inner side of the forearm three fingers from the wrist joint.



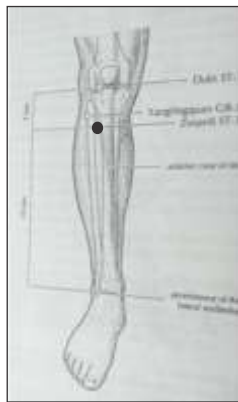
Depression is mainly due to less energy production in the system. P 6 will give immediate relief.

4. LEG PAIN

SYMPTOMS DUE TO

1. Soft tissue injury
2. Fracture or dislocation
3. Overuse injury
4. Varicose veins
5. Peripheral vascular disease
6. Sciatica
7. Superficial or deep phlebitis
8. Bone infection

St-36 Located on the leg, four fingers from the knee cap.



St 36 can be used for tiredness of the legs after walking long distances and also for improving digestion of food in the stomach which can control acid secretion. Same point helps to improve the memory of the children.

5. VARICOSE VEINS

SYMPTOMS

1. Prominent dark blue blood vessels in the legs
2. Aching legs
3. Swelling in the ankles or feet after standing for long time
4. Superficial varicose veins have bulging, rope like, bluish veins
5. Deep varicose veins with aching & heaviness in the limbs without visible blue veins
6. Discoloured peeling skin with ulcers with constant severe pain

TREATMENT WITH ACUPRESSURE

Sp-6 Located four fingers from the protruding ankle bone (medial malleolus) towards the calf muscle.



Varicose vein is mainly due to weakness of muscles. General muscle strengthening exercise will help particularly camel walking exercise. In static position lift one leg applying pressure on the toes and then move the other foot applying pressure on the toes keeping the legs one foot apart. Daily exercise for a few minutes will give very good relief.

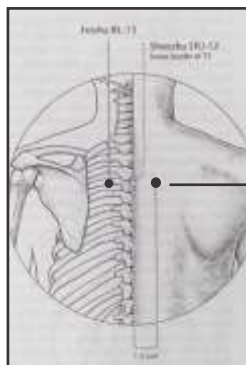
6. ASTHMA

SYMPTOMS

1. Mild to moderate shortness of breath
2. Wheezing or whistling while breathing out
3. Tightness of chest
4. Restlessness
5. Insomnia
6. Coughing sometimes accompanied by phlegm

TREATMENT WITH ACUPRESSURE FOR RELIEF

B-13 Located two fingers away from the centre



B-13

B-13 point has the potential to give immediate relief during Asthma attack. It is mainly due to allergic reactions in the lungs. The allergic reaction is due to improper elimination in the large intestine. Strengthening the lungs with Yoga especially pranayama will give them wonderful results. Remove all the emotions connected with grief in the past and the recovery will be fast.

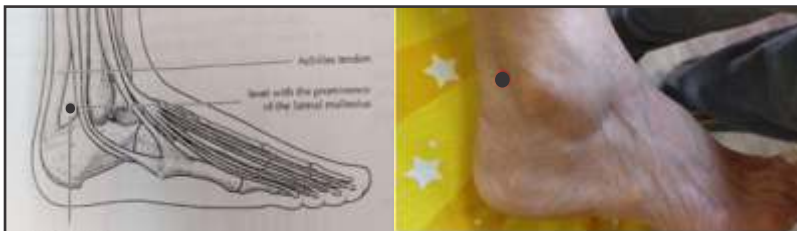
7. HEEL PAIN

SYMPTOMS

1. Pain in the heel region
2. Unable to walk in the morning after getting up from sleep
3. Calcaneous spur at the base of the heel which can irritate and cause pain with every step.

TREATMENT WITH ACUPRESSURE

B-60 Located in the depression between the lateral malleolus & the Achilles tendon.



Heel pain is mainly due to calcium segregation and due to gravity calcium ions get settle down in the calcaneus bone in the night as spur. If they are taking calcium tablets stop the tablets for a few weeks and observe. Improve your blood circulation with exercise. Avoid walking on vitrified floors barefoot.

8. DISCOMFORT IN THE CHEST-INDICATION OF HEART ATTACK

SYMPTOMS

1. A prolonged squeezing, crushing or burning pain in the centre of the chest.
2. Radiating pain to the neck, arms and jaw.
3. Shortness of breath, dizziness, nausea, chills , sweating and weak pulse
4. Fainting

SEEK EMERGENCY HELP WITHOUT DELAY TREATMENT WITH ACUPRESSURE

H-9 Root of the nail on the little finger



H 9 can be used by anyone as a preventive therapy for heart related problem. It is an emergency point during heart attack and close people should keep on activating this point till they reach the hospitals.

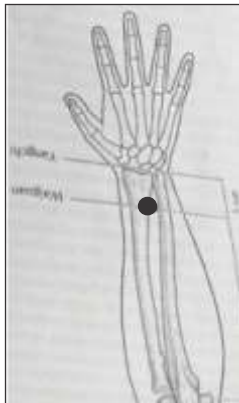
9.FEVER or HIGH TEMPERATURE

SYMPTOMS

1. Body temperature raises to 101 degree F or 102.
2. Occasionally go as high as 106 degree F
3. Sometimes alternating with chills
4. Head ache
5. Aching muscles
6. General fatigue and weakness

TREATMENT WITH ACUPRESSURE

TW-5 Located at two fingers from the protruding bone in the wrist joint.



Fever is the action by the inner intelligence to solve the problem but it should not cross 102 degree F. One should try to remove the heat by applying cold packs. TW 5 has the potential to reduce the fever by 2degrees within few minutes.

10. SWELLING IN THE LEGS

SYMPTOMS

1. Swelling in the foot after long journey
2. Water retention in the leg

TREATMENT WITH ACUPRESSURE

Liv 3- Located at the hollow distal to the 1st and 2nd metatarsal bones.



Liv 3 can be very effectively used for Travel Sickness, Vomiting, Poor appetite and Diarrhoea. Most of the above symptoms are due to improper Liver function which controls the muscular system.

11. HYPER TENSION (HIGH BLOOD PRESSURE)

SYMPTOMS

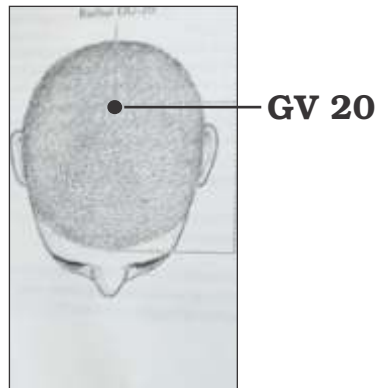
1. No clear warning signs for hypertension
2. Frequent headaches, chest tightness
3. Nose bleeds
4. Numbness and tingling
5. Excessive perspiration
6. Muscle cramps
7. Weakness
8. Palpitation
9. Frequent urination

Some of the symptoms can be due to secondary hypertension caused by some other disorder.

TREATMENT WITH ACUPRESSURE

H-9 Located at the root of the nail in the little finger

GV-20 Located at the crossing point on the line drawn from the centre of the ears and the midline of the skull.



The heart responds to your body and mind requirements depending on your physical and mental activities. It is better to check the root cause of the problem and clear it for hypertension. One should take the required medication to control high BP and gradually reduce the dose depending on the results after consulting the Physician.

12.LOW BLOOD PRESSURE (HYPO TENSION)

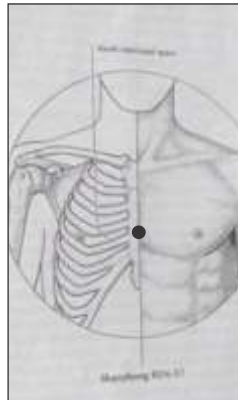
SYPTOMS

1. Low energy for work
2. Fainting sensation

TREATMENT WITH ACUPRESSURE

H-9 Located at the root of the little finger

CV-17 Located at the sternum on the line joining the nipples for men.



Low blood pressure is due to expansion of the blood vessels and high blood pressure is due to contraction of blood vessels. The blood vessels are controlled by Liver and by solving the root cause of the problem low blood pressure also will become normal.

13. CONSTIPATION

SYMPTOMS

1. Hard compacted stool
2. Difficult or painful to pass
3. No bowel movement for 3 days for adults
4. No bowel movement for 4 days for children

ACUPRESSURE TREATMENT POINT

CV-24 Located on the chin below the lower lip.



Constipation is the root cause for almost all the problems in the body. The Large intestine is active early in the morning between 5AM to 7AM. People, who are constipated should get up early in the morning and after having sufficient warm water should try to clear their bowl before 7 AM. The food with fibre will help easy movement. One

should never strain the Large Intestine while evacuating. The blood which rushes to the extreme helps to expand the anus but it takes a lot of time to come back to the system for purification. If the straining continues for long time one can develop piles in the long run. “Ashwini “ mudhra is the best mudhra to avoid piles. Squeeze your anus while breathing in and release while breathing out for 5 to 10 times every day.

14. EAR PAIN OR TOOTH ACHE

SYMPTOMS AND CAUSES

1. Excess ear wax hardened in the canal
2. Damaged ear drum
3. Excess use of ear plug/phone
4. Nasal congestion
5. Tooth or gum trouble
6. Tooth decay or abscess
7. Infection in the mastoid process

TREATMENT WITH ACUPRESSURE FOR RELIEF

K 3- Located in the depression between the medial malleolus and the achillies tendon.



As per Acupuncture theory ear is controlled by Kidney meridian and the shape is also like ear. Since coldness energy represents the hardness, the tooth also comes under Kidney meridian. Activating the K 3 point daily twice can give you wonderful results within few weeks. The relief also can be observed from ear pain or tooth pain. K 3 can also be used for heel pain, hair fall and bones related problem.

15. HICCUPS

SYMPTOMS

1. Repeated, involuntary contraction of the diaphragm
2. Creates the “hic” sound repeatedly
3. Generally for short duration after a big meal or too much alcohol
4. Occasionally, it can last for days or weeks

TREATMENT WITH ACUPRESSURE

St-43 Located in the hollow distal to the junction of the 2nd and 3rd metatarsal bones



St-43 has been very effective for hiccups.

16. URINARY BLADDER PROBLEM

SYMPTOMS

1. Painful urination
2. Bloody urine
3. Unable to hold urine
4. Less urination
5. Excessive urination
6. Cloudy urine with foul smell
7. Urine leakage or dripping
8. Inability to fully empty the bladder

TREATMENT WITH ACUPRESSURE

B-66 Located on the lateral side of the foot, in the depression anterior and inferior to the 5th metatarsophalangeal joint.



With B-66 activation one can get relief for urinary problems. Strengthening Kidneys and Liver with acupressure points will give cure for many urinary problems.

17.LEG CRAMPS

SYMPTOMS

1. Sharp, sudden, painful spasm or tightening of a muscle especially in the legs
2. The affected muscle hardens to the touch
3. Visible distortion or twitching of the muscle beneath the skin

TREATMENT WITH ACUPRESSURE

B-57 Located at the centre of the base of calf muscle a little less than half way down from the knee crease to the ankle crease.



B-57 can reduce the pain and releases the muscles immediately. At this point just hold your fingers with pressure for two minutes. Early morning cramps especially for ladies this point is very useful. Leg cramps are mainly due to coldness energy in the system especially in the spleen meridian.

SLEEPLESSNESS (INSOMNIA)

SYMPTOMS

1. Persistent trouble falling asleep
2. Failure to sleep through the night
3. Waking up earlier than usual
4. Disturbed sleep for more than a month needs medical help

TREATMENT WITH ACUPRESSURE

H-7- Located at the wrist crease, on the radial side of the tendon in the depression at the proximal border of the pisiform bone.



Sleeplessness is normally caused by anxiety and restlessness. H-7 point will give immediate relief if you hold that point for 10 to 30 seconds. Repeat this procedure 3 times before going to the bed to get good sleep. The root cause of the problem lies in the mind.

19. VERTIGO/DIZZINESS/GIDDINESS

SYMPTOMS

1. Your head or everything around you seems to spin
2. Dizziness with weakness
3. Dizziness with persistent or recurrent headache
4. Dizziness while turning the head
5. Continuous dizziness worsens with movement
6. Attacks of intermittent dizziness and loss of hearing
7. Dizziness when changing the position of the head

ACUPRESSURE TREATMENT POINT



TW-17 Located behind the ear lobe. It can act as a preventive point also.

Proper medical assessment of the problem is essential for vertigo.

20. CONVULSIONS / EPILIPTIC ATTACK

SYMPTOMS

1. Sizures-episodes of abnormal mental or muscular activity

2. Staring straight ahead
3. Loss of consciousness
4. Rhythmic jerking motions
5. Incontinence



ACUPRESSURE TREATMENT POINT

GV-26 Located above the upper lip on the midpoint.

GV-26 is very effective for epilepsy. Daily activation at this point has the potential to give wonderful relief for children and reduces their medication in the long run. This point can act immediately for reviving consciousness. This point has the potential to bring back the patients in coma.

21 CONCENTRATION IMPROVEMENT

SYMPTOMS

1. Unable to remember the lessons
2. Reading again and again the same lessons
3. Scores less marks in the exam
4. No interest in studying

Long term concentration

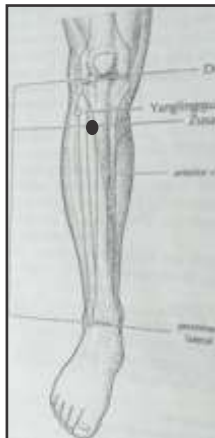
Sp-6 Located four fingers from the protruding ankle bone towards the calf muscle.



While activating this point intention is very important since it works in the intellectual level. One should give clockwise massage seven times with the intention to improve the long term memory.

SHORT TIME MEMORY IMPROVEMENT

St -36 Located at four fingers below the knee cap



Here also one has to give seven times clockwise massage with the intention to improve short term memory. It is very useful for college and school students to retain what they have read for the examination.

Here the theory is very simple. If the stomach is working efficiently it will absorb not only the food for the physical body but also for the mind. If they have stomach problem children's absorption comes down. Don't scold your children, improve their digestion. Automatically they will study. Long time digestive problem will affect the spleen. Since spleen controls pancreas, diabetes people lose their concentration and memory. Same point will work for them also but over a period of time.

22. CERVICAL SPONDOLYSIS (NECK PAIN)

SYMPTOMS

1. Stiff neck or pain upon awakening
2. Swelling in the neck
3. Intense neck pain radiating to the arms and shoulder
4. Difficulty controlling arms and legs
5. Dull, throbbing pain on one side of the neck
6. Pain in the front of neck while swallowing
7. Severe headache followed by neck pain

ACUPRESSURE TREATMENT POINT

EXTRA POINT – Located between LI 4 and LI 5



Root of the thumb. Third phalangeal joint.

Neck pain is mainly due to tension and stress. Relaxation exercise will help and one should not do dynamic exercise when they have pain. Pain killers should be avoided as far as possible. Rotation of the thumb holding with other hand will

relax the neck muscles. Rotate clockwise and anticlockwise for 10 times after pressing and releasing for 14 times.

23. HEAD ACHE

SYMPTOMS

1. Throbbing pain around the eyes & head region
2. Dull and steady pain and feel like tightening a band around the head
3. Nausea feeling
4. Visual disturbance
5. A steady pain in the area behind your face due to sinus

ACUPRESSURE TREATMENT POINT



Lu 11- Located at the root of the thumb nail

Headaches can be classified as tension headache, migraine, cluster headache or sinus headache. The root cause of the problem lies in Liver which is responsible for anger accumulation. Expressed anger is better than suppressed anger. Root of the thumb nail can relieve tension headache in few minutes and root of the toe nail (Liv 1) can cure migraine within few weeks. But suppressed anger should be released. Forgiving and forgetting is the best option.

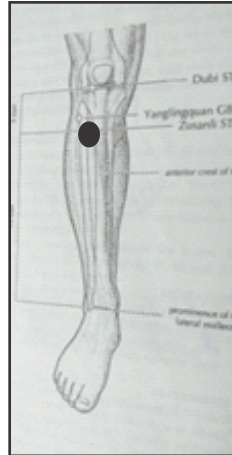
24. KNEE PAIN

SYMPTOMS

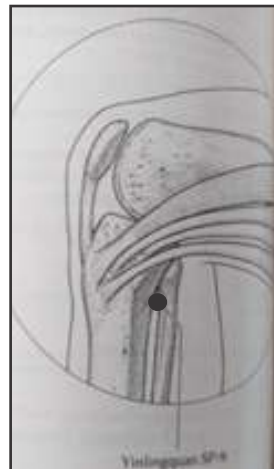
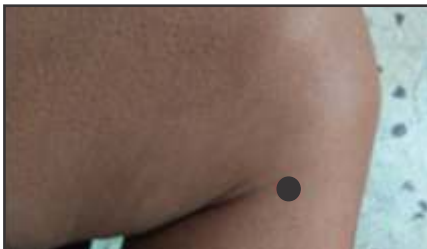
1. Knee pain following an injury
2. Pain and swelling in the knee
3. Redness, warmth, & stiffness in the knee joint
4. Limited movement
5. Wear and tear on joint tissue due to aging or overweight

ACUPRESSURE TREATMENT POINTS

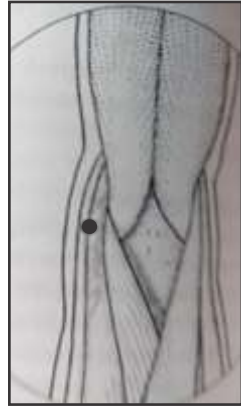
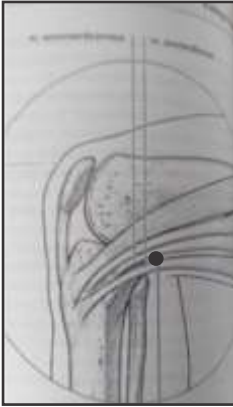
St-36-Located 4 fingers from the knee cap



Sp-9 –Located on the medial side of the leg,in the depression in the angle formed by the medial condyle of the tibia and the posterior border of the tibia. Medial side of the leg



K 10- Located at the medial end of the popliteal crease, between the semimembranosus and simitendinous tendons.



EXTRA POINT HEADING -Located in the depression at the midpoint of the superior border of the patella.

25.BACK PAIN

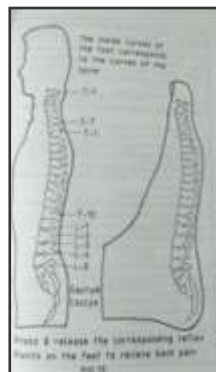
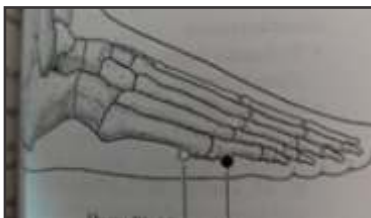
SYMPTOMS

1. Persistent aching or stiffness anywhere along the spine, from the base of the neck to the hips
2. Sharp localized pain in the neck, upper back, lower back, especially lifting heavy objects or engaging in strenuous activity.
3. Chronic ache in the middle or lower back especially after sitting or standing for extended period.

4. Sudden onset of pain due slip disc
5. Misalignment of spine also causes pain
6. Pregnancy can cause back pain after 4 months
7. Kindney problem also can cause back pain
8. Ankolysing spondylitis and spinal stenosis also reasons for back pain

ACUPRESSURE TREATMENT POINTS

B-66 Located on the lateral side of the foot on the fifth toe base of the third phalange.



Note : Spine reflex points on the foot can relieve pain in the back